

# Helpline and Support Services

The organisations below provide support and advice on a wide range of **counselling** and **wellbeing** topics.

Name	Contact	Services offered
Alcohol & Drug Helpline	0800 787 797 <a href="http://alcoholdrughelp.org.nz">http://alcoholdrughelp.org.nz</a>	Support dealing with your own or others' alcohol and drug addiction
Anxiety Phone Line	0800 269 4389 (0800 ANXIETY) <a href="http://www.anxiety.org.nz">http://www.anxiety.org.nz</a>	24 hour support with anxiety, panic attacks, and associated issues
Are You OK?	0800 456 450 <a href="http://www.areyouok.org.nz">http://www.areyouok.org.nz</a>	Family violence helpline 7 days a week 9am to 11pm
Chinese Lifeline	0800 888 880	Support Mandarin or Cantonese speakers
Depression Helpline	0800 111 757 <a href="http://depression.org.nz/">http://depression.org.nz/</a>	Support for those suffering from depression
Healthline	0800 611 116 <a href="http://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline">http://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline</a>	Call Healthline if you think you may need to see a doctor, need advice about a person who is sick, or are on holiday and need health information
Kidsline	0800 543 754 <a href="http://www.kidsline.org.nz">http://www.kidsline.org.nz</a>	Free phone counselling for kids up to 18 years of age, available 24/7
Lifeline Counselling & Suicide Crisis Support	0800 543 354 OR 0508 828 865 (suicide) <a href="http://www.lifeline.org.nz">http://www.lifeline.org.nz</a>	24 hour counselling service providing support 7 days a week
OUTLine NZ	0800 OUTLINE (688 5463) <a href="http://www.outline.org.nz">http://www.outline.org.nz</a>	Confidential support for members of the LGBT communities
Samaritans	0800 726 666 OR 04 473 9739 <a href="http://samaritans.org.nz/">http://samaritans.org.nz/</a>	Non-judgmental, confidential support for anyone in emotional distress
Shakti Crisis Line	0800 742 584	Support for migrant or refugee women living with violence
Shine	0508 744 633 <a href="http://www.2shine.org.nz">http://www.2shine.org.nz</a>	Domestic abuse helpline for you or someone you know
Vibe	04 566 0525 (Lower Hutt) 04 528 6261 (Upper Hutt) <a href="http://www.vibe.org.nz">www.vibe.org.nz</a>	Free confidential health and support services for people aged 10 to 24
Vitae	0508 664 981 <a href="http://www.vitae.co.nz">www.vitae.co.nz</a>	Confidential, free student counselling service
Warmline	0800 200 207/0508 927 654	Free peer support helpline for people affected by mental illness.

What's Up	0800 942 8787	Free counselling by phone or online for 5 to 18 year olds from 1pm-11pm	
Women's Refuge Crisis Line	0800 733 843	Support for women living with violence or in fear	
Youthline	0800 376 633 OR Free Text 234 <a href="http://wellington.youthline.co.nz/">http://wellington.youthline.co.nz/</a>	24 hour phone, text and email counselling to young people across New Zealand	

**For immediate help if someone is in danger call 111 or find the number to your local mental health crisis assessment team at <http://www.health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services/crisis-assessment-teams>.**